

PRESS RELEASE

A pioneering alliance at Edinburgh Fringe for debut mental wellbeing show

Artisan Creative, the Derbyshire-based arts organisation, is excited to announce their partnership with **Therapy Finders** for their Edinburgh Fringe show, "**How to Survive and Thrive in an Impossible World - with a piano!**".



Developed by award-winning psychologist and writer Steve Bonham, and brought to life by creative producer and co-presenter Christopher Lydon, the show seamlessly blends psychology, music, and storytelling. Described as 'an interactive, wellbeing, musical, show thingy', the work is a mischievous, subversive, fun, fizzing with wisdom in its approach to developing the resilience of the human spirit amidst life's complexities.

Artisan Creative, committed to nurturing the connection between arts and wellbeing, has joined hands with Therapy Finders, an innovative mental health service. This collaboration aims to highlight the critical role of mental health in our journey through life, in alignment with the show's central theme.

Bonham and Lydon are thrilled with this partnership, believing that it deepens the reach and impact of their vision. "Art is a unique and powerful means to explore the intricacies of the human psyche," said Bonham. "However, understanding these complexities is just one piece of the puzzle. The ability to access suitable therapeutic support is pivotal. We're excited to align with Therapy Finders, who shares our vision of mental health awareness and access to practical resources. This partnership reinforces our mutual commitment to fostering wellbeing through the power of personal development and professional therapeutic relationships."

Therapy Finders offers a comprehensive service that simplifies the process of finding a therapist that best fits an individual's unique needs and circumstances. Their 'Emotional First Aid' service offers immediate online support to those experiencing emotional difficulties such as anxiety, further demonstrating their dedication to mental health accessibility.

This synergistic partnership between Artisan Creative's show and Therapy Finders' innovative matching service provides a cohesive platform for individuals to navigate, survive, and thrive in the complexities of life.

Says Claire Williams, founder of Therapy Finders: "The importance of a broad approach to mental health for us all cannot be overstated, which is why this show looks so innovative and exciting. We are so pleased at Therapy Finders to be able to support this. It is a perfect complement to our own work."

Discover more about Therapy Finders and how they can support your journey to wellness on their website therapyfinders.co.uk

How to Survive and Thrive in an Impossible World - with a piano!
runs at **Greenside @ Infirmary Street**, at **13.50**,
from **Friday 4 August to Saturday 19 August** (not 13 Aug).

More details and ticket link at htsat.co.uk

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Background

Therapy Finders

Therapy Finders is an online mental health platform that helps individuals find the perfect therapist to meet their unique needs. They provide a bridge between clients and therapists, and offer unique services such as 'Emotional First Aid', reinforcing their commitment to accessible mental health resources.

therapyfinders.co.uk

Artisan Creative

Artisan Creative develops distinctive books, recordings and performances, including new theatre pieces, gigs, concerts and festivals, all celebrating the 'extraordinary stories of ordinary folk', rooted in the values of craft, authenticity, inspiration and a love of the raw materials used. Based on over 30 years of experience of working with professional and non-professional collaborators, they have delivered everything from large-scale community projects to intimate solo performances.

artisan-creative.com

Contacts and further information

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More about **How to Survive and Thrive in an Impossible World – with a piano!** at htsat.co.uk

More about **Artisan Creative** at artisan-creative.com

Photographs, logos etc. available from htsat.co.uk/about/press

